



WHOLE LOT BETTER PASTA

ELBOW NUTRITIONAL FACTS

Nutrition Facts	
Serving Size (56g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 41g	14%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 10%
Thiamin 25%	• Riboflavin 10%
Niacin 15%	• Folate 20%
Phosphorus 10%	• Magnesium 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS

Whole wheat durum flour, Durum Wheat Semolina, Durum wheat flour, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, and folic acid.

